



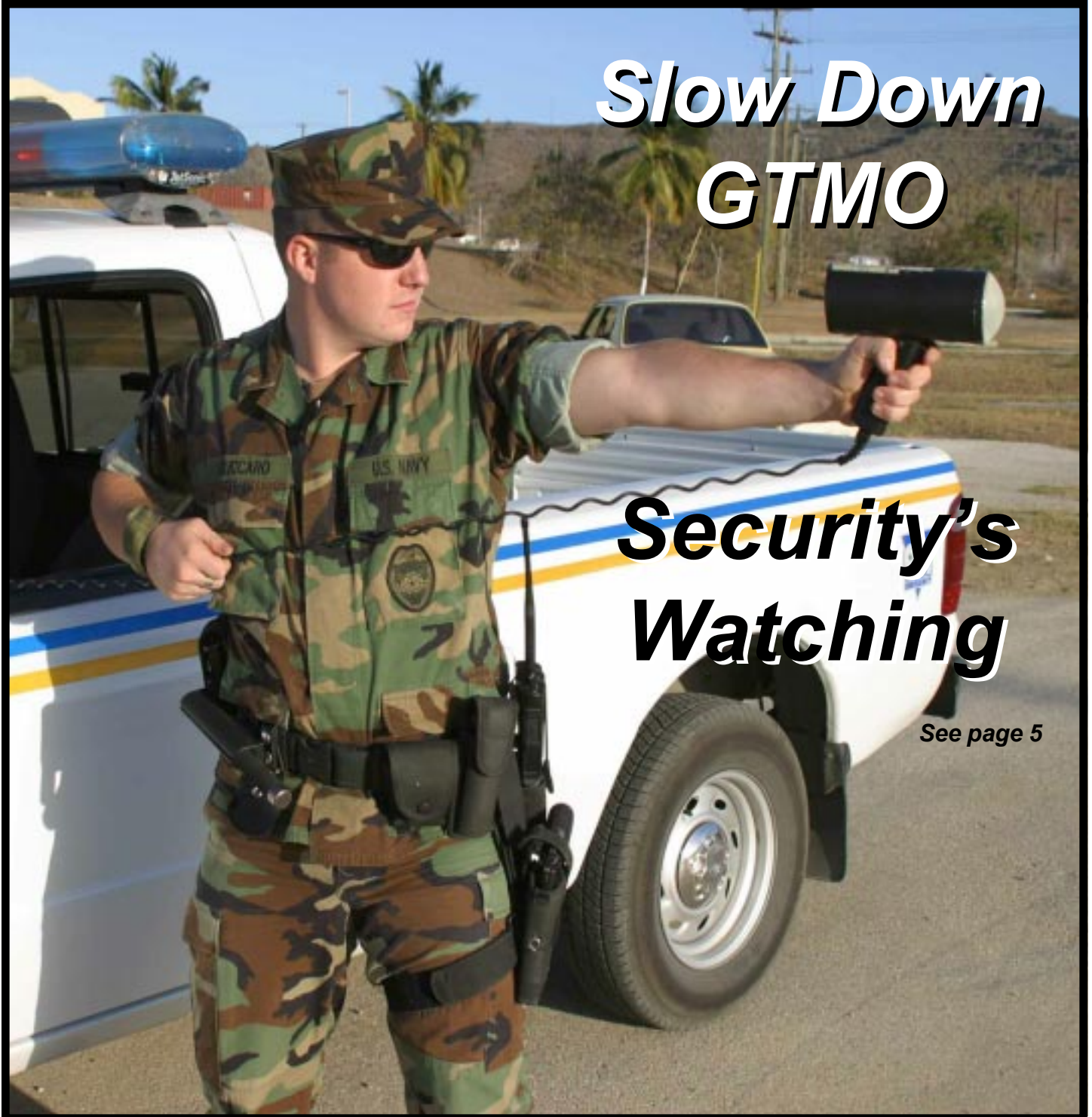
Vol. 61 No. 10

Friday, March 5, 2004

# ***Slow Down GTMO***

## ***Security's Watching***

See page 5



# News Briefs

## Servicemembers Encouraged to Invest in TSP

Defense officials are seeing a big problem concerning the Thrift Savings Plan (TSP): Not enough servicemembers are taking advantage of the program.

"We're trying to convince people that TSP is a good vehicle for savings," said Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council. "The great thing about TSP is that it's tax-deferred in pretax dollar savings. So it comes out of your income, and you're not taxed on it until you use that money later, hopefully in your retirement."

TSP is also a good idea for people who don't plan to make a career of the military, because they can take their TSP with them when they leave active duty. Those who leave active duty before retirement could roll their TSP into the 401K plan of a new civilian employer. It could be put into an IRA, or even left in TSP, but no more funds could be added to the account.

"At the end of 2003, the Navy had 32.2 percent of its active duty force enrolled in TSP," Colonel Fenton said. "That's significantly higher than the other services."

Colonel Fenton thinks more sailors invest in TSP because the Navy does an excellent job of advertising the benefits of the plan.

"We'd like for the rest of the services to get information out to more and more servicemembers," she said. "Let them know that TSP is available, and ensure that they understand what it can do for them."

## Navy CollegeTCO, Columbia College News

The new Testing Control Officer for Navy College is HMC Gina Siefert. She is available to conduct limited testing during the months of March and April.

There are a number of DANTES Subject Standardized Tests (DSSTs) in stock and available immediately. Other DSSTs may be ordered and will be received on island within 6-8 weeks.

Also, the ACT is available and may be given to four (4) students at one time. If you need to take the ACT, please contact HMC Siefert to schedule a testing date. Please note that testing will be conducted on Wednesday afternoons in the Navy College Testing Office (Room 4).

To find out what DSSTs are available or to schedule a testing date, contact Siefert at 72102 or email [gasiefert@gtmo.med.navy.mil](mailto:gasiefert@gtmo.med.navy.mil).

CLEP exams will be reintroduced in late April. See next week's Gazette for a list of available DSSTs and CLEP test.

**Columbia College** registration for spring session classes is still underway. Register early and order your textbooks with MBS Direct as soon as possible. Online courses start Monday, March 15. In-seat courses began Monday, March 2.

Please note that **POSC 340-Judicial Process** has been postponed until the summer session (May 31-July 24). For more information,

contact Ellen Soucy or Tammy Record at 5555.

## Bible School Volunteers Needed

The Lava Lava Island Vacation Bible School is coming to GTMO and volunteers are needed to make this year's event a success.

Individuals are needed for directors, station leaders, crew leaders and behind-the-scene helpers. To learn more about the positions or to sign-up to volunteer, call the Base Chapel at 2323 or Barbara Olsen at 2359 or 7685. We cannot do this without your help!

Lava Lava Island Vacation Bible School is scheduled to be in GTMO beginning June 14 through June 18. Registration begins in March. Watch the Gazette and Roller for more information.

## TRICARE Issuing Certificate of Creditable Coverage

In February, the Department of Defense Military Health System began automatically issuing a Certificate of Creditable Coverage to any former uniformed services sponsor or family member who loses eligibility for health care benefits under TRICARE. Eligibility for TRICARE may end as a result of a sponsor's separation from active duty status, divorce, demobilization if the sponsor is a member of the National Guard or Reserves, or a dependent child reaching age 21 (23 for full-time students).

For persons no longer eligible for TRICARE, the certificate serves as proof of previous health care coverage and limits the time another health care plan may exclude them from participating in a health care plan due to a preexisting medical condition.

The Defense Manpower Data Center Support Office (DSO), as custodian of the Defense Enrollment Eligibility Reporting System (DEERS), will mail a certificate for the sponsor or family member within 5 to 10 days after eligibility has been lost. As long as a current address is on file in DEERS, members may expect to receive the certificate within 30 days.

Sponsors or family members needing to expedite receipt of a certificate may mail or fax a request to the DSO. The request should include the sponsor's name and Social Security number, name of family member(s) for whom the certificate is needed, reason for the urgent request, name and address of the person or organization where the certificate should be sent, and finally, signature of the requester.

The request may be faxed to the DSO at (831) 655-8317 or mailed to Defense Manpower Data Center Support Office (DSO), Attn: Certificate of Creditable Coverage, 400 Gigling Road, Seaside, CA 93955-6771.

Sponsors or family members who have questions may contact the DSO at (800) 538-9552, or TTY/TDD at (866) 363-2883. Additional information is also available on the TRICARE Web site at [www.tricare.osd.mil/certificate/index.cfm](http://www.tricare.osd.mil/certificate/index.cfm).

**U.S. Naval Base  
Guantanamo Bay, Cuba**

# Gazette

Vol. 61 No. 10  
Friday, March 5, 2004

Commander, Naval Base  
**CAPT Les McCoy**

Chief Staff Officer  
**CDR Rick Holt**

Command Master Chief  
**CMDCM(SS) Al Steiner**

Public Affairs Officer  
**JOC Richard Evans**

Gazette Editor  
**JO1 Amy Kirk**

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Phone: 4502, Fax: 4819  
E-mail: [pao@usnbgmto.navy.mil](mailto:pao@usnbgmto.navy.mil)  
**Gazette On-line:**  
[www.nsgtmo.navy.mil](http://www.nsgtmo.navy.mil)



# Celebrating 62 Years of 'Can Do' Spirit

GTMO's Seabee community celebrated 62 years of "Can Do!" spirit Saturday, Feb. 29 as they gathered at the Windjammer Club for the annual Seabee Ball.

Celebrating in style, guests were treated to dinner, dancing and a notable speech by special guest FORCM(SCW) Harrell Richardson, the twelfth Master Chief Petty Officer of the Seabees.

Founded in March 1942, the Seabees are known throughout the military for their capability to travel the seas as Sailors, build as constructionmen, and fight alongside the Marines.

The original Seabees were not fresh-faced recruits, but rather skilled and experienced constructionmen. They had built the Boulder Dam, paved our national highways and constructed the first skyscrapers. These men took their valuable skills with them into the Navy, and by the end of World War II, 325,000 men had enlisted in the Seabees.

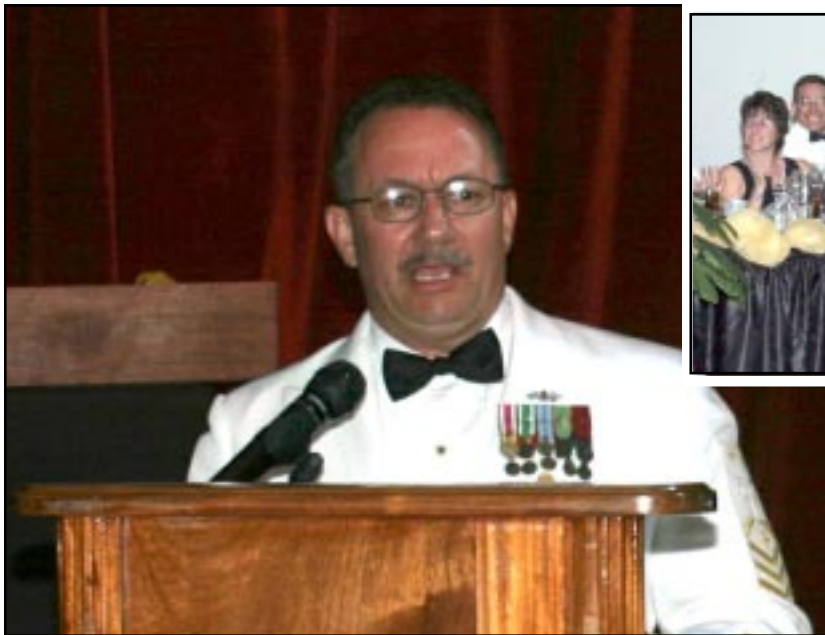
Throughout World War II, the Korean Conflict and the Vietnam War, Seabees performed various feats of engineering and

construction while working under extremely primitive conditions. Seabees demonstrated resourcefulness and ingenuity by frequently conjuring materials and equipment out of what seemed like thin air. As General of the Army Gen. Douglas MacArthur said, "The only problem with Seabees is I don't have enough of them."

Over the past 62 years, the Seabees have repeatedly demonstrated their skills as fighters and builders. From the islands of the Pacific and the jungles of Vietnam, to the sands of Saudi Arabia and the mountains of Bosnia, they have built and fought for freedom. In peacetime, they have been goodwill ambassadors.

Through all the conflicts, Seabees have served with distinction and character, celebrated year after year in anniversary gatherings like this one. The night was completed with a traditional toast to fallen Seabees, ceremonies highlighting the youngest and eldest Seabee, and a night of fine dining and dancing among comrades.

As the years pass, the motto of the Seabees still rings true, "The difficult we do at once. The impossible takes a bit longer. Can Do!"



*Above and left: Distinguished guests at the 2004 Seabee Ball laugh during a humorous moment in the speech given by FORCM Harrell Richardson.*

*Below: The youngest active duty Seabee, Ensign Anthony Fitzpatrick and the oldest retired Seabee, Dave Nelson cut the 2004 Seabee birthday cake.*



*Dressed in high style, attendees took to the dance floor after the formal portion of the ceremony.*



# Desert Discovery

## A Learning Adventure



*Kindergarten students and teachers at W.T. Sampson Elementary recently left their classroom environment to set out on an adventure in the tropical desert environment of GTMO.*

*These young adventurers trekked along the ridgeline trail on a nature scavenger hunt and mapping expedition, combing the trail edges for items on their lists.*

*The children, working in groups,*



*also made maps of their hike that included drawings of their discoveries.*

*Finally, the children were treated to a story of desert travel before returning to Skyline Drive to reboard their bus back to the classroom.*

# March Celebrates Women's History

March is National Women's History Month. The 2004 theme, "Women Inspiring Hope and Possibility" celebrates the hope and sense of possibility that comes to our lives from the inspirational work of women. Hope comes in many forms from laws challenged and changed, new medical research, stories of compassion and courage, and watching women stand tall against great odds.

Get to know the 2004 National Women's History Month Honorees and get ready to celebrate National Women's History Month! **The honorees are:** Sarah Buel, Maxine Hong Kingston, Edna Campbell, Dr. Susan B. Love, Jill Ker Conway, Vilma Martinez, Marian Wright Edelman and Leslie Marmon Silko

Each of the eight honorees represent the vision of this year's theme in many ways. Their stories affirm the American spirit and embody the truest meaning of hope and possibility. Their lives and work provide guideposts of hope for our future and for our children and remind us all of what the human spirit can achieve if our eyes are fixed on our greatest potential. To learn more about each woman, visit the National Women's History Project website at [www.nwhp.org](http://www.nwhp.org) and click on The Learning Place tab.

Knowing women's accomplishments expands our sense of hope and what is possible. The 2004 theme, "Women Inspiring Hope and Possibility," captures the spirit of recognition and celebration of all women who inspire us - women who have touched our nation's history and our own personal history.

NATIONAL WOMEN'S HISTORY MONTH 2004

*The blossoming of hope brings the gift of possibility*

Children's Literature, Author, and Illustrator	Children's Author and Civil Rights Activist	Writer, Educator, and Activist	Writer, Activist, and Activist	Women's Health and Social Change Research Expert	Civil Rights Activist and Community Activist	Writer, Poet, and Activist	Political Activist and Civil Rights Activist



# NAVBASE Security Gunning for Speeders

Story by Gazette Staff Writer

Naval Base Master at Arms, Law Enforcement (LE) division officers, are clocking vehicles with radar at all hours to curb the recent increase of speeding violations on base.

In the past 12 months, over 374 speeding citations were handed out to individuals throughout the installation. The three areas on base where the highest ratio of speeding citations were written are Kittery Beach Road, Sherman Avenue Elementary School Zone and Caravella Point, near the hospital.

"I have yet to see the magistrates dismiss a ticket in the school zone. If you're speeding in a school zone, points will be assessed," MA1 Leon Sandstrom, Vehicle Pass and I.D. LPO said.

Persons assigned to the base cannot exceed 12 points per year or 18 points in 24 consecutive months before losing their driving privileges. Regular speeding fines range from three to four points. However, if a driver exceeds the speed limit by 20 miles per hour or more, five points are assessed plus the



MASN Mathew Cuccaro, LE division patrol officer uses a Doppler radar gun to check for speeding vehicles along Sherman Avenue.

additional charge of reckless driving, which has more serious consequences.

According to Motor Vehicle and Traffic Regulations, NAVBASEGTMOINST11200.1G 15-plus mph over the posted speed limit or speeding in the school zone results in a mandatory one-month suspension. Points are assessed against a driver's record per this section. The instruction is available on the Naval Base Intranet, [www.gtmo.navy.mil](http://www.gtmo.navy.mil), under the ADMIN Department page.

Recently, the loss of traction by vehicles speeding on GTMO roads resulted in two vehicles skidding off roads out of control and one rollover accident.

The LE division is aware of the sudden spike in speeding violations and is posting personnel throughout the base at all hours with radar guns to aggressively stop speeding drivers in their tracks.

"Fifteen miles per hour is 15 miles per hour; the patrolmen out there are going to be doing their jobs," Sandstrom added.

## W.T. Sampson to Host Art Festival

The month of March is designated National Youth Art Month. This celebration of creativity incorporates not only the visual arts but also the performing arts such as Music, Drama, and Dance.

Art education is more than the creation of products; it is an essential part of educating a child. Research has shown us that the arts help students develop proficiency in critical thinking and aesthetic judgment. In studying a variety of works, students come to appreciate the efforts of others and value cultural diversity. By providing our young people with meaningful artistic experiences in school, we help them develop a means of healthy self-expression that will serve them throughout their lives.

This month long observance ties in to W.T. Sampson's whole school effort to promote literacy. Literacy is more than merely reading and writing. In today's world, it must be multisensory. Education in the arts can provide our students with skills needed to make informed decisions and arrive at creative solutions to life situations.

The community is invited to our annual Student Arts Festival at the W.T. Sampson Elementary School Complex on Thursday, March 25<sup>th</sup> from 4-6pm. Please join us in celebrating our children's creative efforts.



**You're Invited!**  
**The W.T. Sampson**  
**Arts Festival**

A school art exhibit  
 and music performance  
 showcasing the  
 creative talents of our students!

**Thursday, March 25**  
**Elementary School**  
**Media Center,**  
**Atrium and Gardens**  
**4 - 6 p.m.**

Refreshments served  
**Come Celebrate**  
**Our Children's Creativity!**

# Eat Smart During National Nutrition Month

By Lt. Ken Arlinghaus, MS, RD  
U.S. Naval Hospital, Guantanamo Bay

March is National Nutrition Month and there is no better time to make changes in your diet and exercise habits to help you stay healthy. This year's national theme is "Eat Smart, Stay Healthy." Good nutrition, along with regular physical activity, is important and necessary for good health. Both help to form a firm foundation for good health.

To eat smart, you should try to eat a wide variety of foods from the five major food groups every day. Each of these food groups provides specific nutrients needed for good health, so try to include all of them in your daily diet.

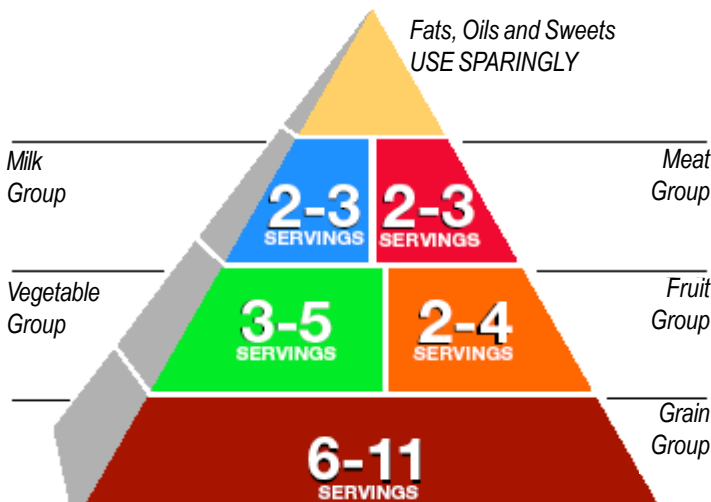
**Bread, Cereal, Rice, and Pasta Group (6-11 servings per day)** - These foods supply complex carbohydrates, B vitamins, and fiber. There is a wide selection of foods to choose from this group, so be adventurous. They contain complex carbohydrates that will help keep you energized throughout the day. Buy fiber-rich whole-grain breads and cereals. These foods help to fill you up and not out. Fiber also helps prevent constipation, hemorrhoids and digestive disorders, and may help control blood cholesterol and blood sugar levels.

**Vegetable Group (3 - 5 servings per day)** - Vegetables supply vitamin A, vitamin C, folate, and fiber. They taste great and are naturally low in fat and calories. For a wide variety of nutrients, choose vegetables in a rainbow of colors. Most vegetables can be eaten raw and are great to have as in between meal snacks.

**Fruit Group (2 - 4 servings per day)** - Fruits supply vitamin C, vitamin A, potassium, folate, and fiber and provide many of the health benefits of vegetables. They also make great snacks and should be eaten in a variety of colors, too.

**Milk, Yogurt, and Cheese Group (2 - 3 servings per day)** - These foods supply calcium, protein, vitamin A, and vitamin D. Calcium plays a key role in building and maintaining strong bones. Healthy bones will make you less prone to osteoporosis. Choose nonfat or low-fat foods from this food group most often.

**Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (2 - 3 servings)** - These foods supply iron, zinc, B vitamins, and protein. Iron helps carry oxygen to muscles to support physical activity. The body absorbs iron in animal products better than iron from plant sources. Choose lean meats such as cuts identified with the word "loin" or "round." White meat from poultry is leaner than dark. Trim the visible fat from all meats before cooking, and remove the skin from poultry



## Commissary Nutrition Tour

Thursday, March 11 at 10 a.m.

Come tour the commissary with a registered dietitian and discuss nutrition topics regarding the food we use here in GTMO

before eating. Fish such as salmon, trout and tuna are excellent choices from this group. They contain omega-3 fatty acids that are needed for good health.

To determine the number of servings to eat daily from each food group, follow these guidelines:

- ♦ If you are an inactive woman or sedentary older adult, choose the lower end of the range.
- ♦ If you are an active woman or inactive man, choose the middle of the range.
- ♦ If you are a very active woman or active man, choose the upper end of the range.

Fats, oils, and sweets are usually added to other foods rather than eaten alone. Fats and oils can be sources of important nutrients like vitamin E and essential fatty acids. However because they are high in calories, eat them in moderation.

For more information on how to use the Food Pyramid to eat smart, download *The Food Pyramid Guide* at the Food & Nutrition Information Center, [www.nal.usda.gov/fnic/fpyr/pyramid.html](http://www.nal.usda.gov/fnic/fpyr/pyramid.html).

## What Counts as a Serving

### Food Groups

#### Bread, Cereal, Rice, and Pasta

1 slice of bread

1 ounce of ready-to-eat cereal

1/2 cup of cooked cereal, rice or pasta

#### Vegetable

1 cup of raw leafy vegetables

1/2 cup of other vegetables, cooked or chopped raw

3/4 cup of vegetable juice

#### Fruit

1 medium apple, banana, orange

1/2 cup of chopped, cooked, or canned fruit

3/4 cup of fruit juice

#### Milk, Yogurt, and Cheese

1 cup of milk or yogurt

1 - 1/2 ounces of natural cheese

2 ounces of process cheese

#### Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2-3 ounces of cooked lean meat, poultry or fish

1/2 cup cooked dry beans or 1 egg counts as 1 ounce of lean meat  
2 tablespoons peanut butter or 1/3 cup nuts count as 1 ounce of meat

# Patient Safety Awareness Week Begins March 7

Although the U.S. Naval Hospital GTMO (USNH GTMO), emphasizes patient safety everyday, this coming week the hospital will foster a partnership with its patients and acknowledge the important role they play in their own healthcare. USNH GTMO, joins hospitals across the nation to recognize Patient Safety Awareness Week, March 7-13.

Patients, their families, and healthcare professionals must work as a team in pursuit of a safe and successful medical encounter. The healthcare experience starts when one enters the hospital and doesn't end until the patient's concern or illness is resolved. Giving your doctor accurate information about one's own health and habits is important to developing a safe and satisfying medical care plan.

## How is the hospital helping you?

Every clinical department of the hospital is represented in the Patient Safety Committee, and they collaborate to improve the safety of the patient's healthcare experience. The committee follows national trends in patient safety, and receives updates from other hospital's errors and "near misses". The committee also proactively searches for unsafe practices. They have recently completed in-depth analysis of the USNH GTMO inpatient narcotic administration system, and the dispensing process for outpatient pharmacy prescriptions.

## How can you help your doctor?

By taking an active role in personal healthcare decisions! One should ask questions and ensure they understand the answers. In addition, family members should advocate and participate on their loved one's healthcare team.

Let the healthcare professional know when they have made a mistake. Was the wrong medication received? Was extra blood drawn because of a mistake in identity? Was an x-ray taken of the wrong foot? Did the doctor prescribe medicine allergic to the patient? "Close calls" happen more often than actual errors — healthcare professionals want to know about these too. The Patient Safety Committee analyzes these notices, and recommends system and process improvements to eliminate error-prone practices. By speaking up, patients themselves are making the hospital safer for

## Patient Safety Tips from USNH GTMO

Keep an ID card with you. The hospital's policy specifies that the staff accurately identify you prior to dispensing medicine, drawing blood or offering any medical treatment.

Maintain a list of your current medications, noting the dose strength and how many times a day taken. Bring this list with you to each clinic visit.

Explore your medicine cabinet every six months, discarding expired drugs. Restock the over-the-counter medicines you use seasonally.

If you're hospitalized, get to know your nurses and corpsmen. They are there to help speed your recovery. Verify the reason for taking each medicine or treatment. Clarify your medicine schedule and follow-up plan prior to discharge from the hospital.

Before having surgery, make sure you and your doctor agree on the selected procedure and anticipated outcome. Understand the alternative procedures available, and the risks and benefits of not having surgery at all.

Wash your hands! The hospital is handsome and expertly maintained by its housekeeping crew; however, everyday arriving patients and staff bring germs and illnesses with them. Handwashing with antibacterial soap is the most effective way to quell the spread of disease. Don't be embarrassed to ask your doctor, nurse, or corpsman to wash their hands before touching you.

other patients.

During Patient Safety Awareness Week, look for daily educational messages on the Channel 4 roller, hospital representatives at the NEX and a featured spot on "Open Line."

More information about patient safety can be found at the National Patient Safety Foundation website, [www.npsf.org](http://www.npsf.org).

## The ABC's of Patient Safety

Accountability is not always about a person.

Blame hides the truth about error.

Cultures must change.

Document facts.

Error is our chance to see weakness in our systems & people.

Focus on prevention.

Gather evidence to support facts.

Hear when you listen.

Investigate cause.

Justice should include compassion, disclosure & compensation.

Knowledge must be shared.

Learning from others' mistakes benefits all.

Make the effort to look beyond the obvious.

Nothing will change until you change it.

Opportunities for solutions are lost by blame.

Partner with patients and practitioners.

Question until you can no longer ask "why?"

Reporting error is suppressed by blame.

Systems are where practitioners practice.

Think about the blunt and sharp end.

Understand the role of accountability.

Value the patient's perspective.

Why, Why, Why, Why, Why = root cause.

X-ray vision sees the deeper story.

You can make a difference.

Zeroing in on cause brings us one error closer to zero error.



# Let's Talk Housing Trash Etiquette

By Loretta Wells  
Housing Manager

In an effort to keep your housing area clean and beautiful, housing residents should place all bagged trash in the dumpster located closest to your home.

If you allow your younger children to take out the trash, make sure they are strong enough to open and close the dumpster doors. A child not strong enough may decide to leave the trash sitting outside the dumpster, creating an eyesore and health hazard. Residents are also asked to help police the dumpster areas in order to keep those areas free from loose trash. The dumpsters are emptied as follows:

Monday and Thursday – Caribbean Circle, Evans Point, Marine Site, Mobile Point, Paola Point, Radio Point, Iguana Terrace and West Iguana

Tuesday and Friday – Center Bargo, West Bargo, Caravella Point, Marina Point, Nob Hill, Villamar, East Bargo, Granadillo Circle and Granadillo Point

Monday, Wednesday and Friday – East Caravella and Windward Loop

Tuesday, Thursday and Saturday – Tierra Kay

Wednesday and Saturday – Kittery Beach

Bulk Trash including tree limbs, used furniture, lumber, pieces of metal and other large items should be placed next to the sidewalk in front of your house for pick-up on the designated day. Do not place bulk trash around the

dumpster. Contractors may not pick it up. Days for bulk trash pick-up are as follows:

Wednesday - Paola Point, Radio Point, Evans Point, Deer Point, Mobile Point, Marine Site, Marina Point and Caravella Point

Friday – Caribbean Circle; Iguana Terrace; West Iguana, Center Bargo, East Bargo, West Bargo, Nob Hill, Villamar, Granadillo Circle and Granadillo Point.

## Recycling

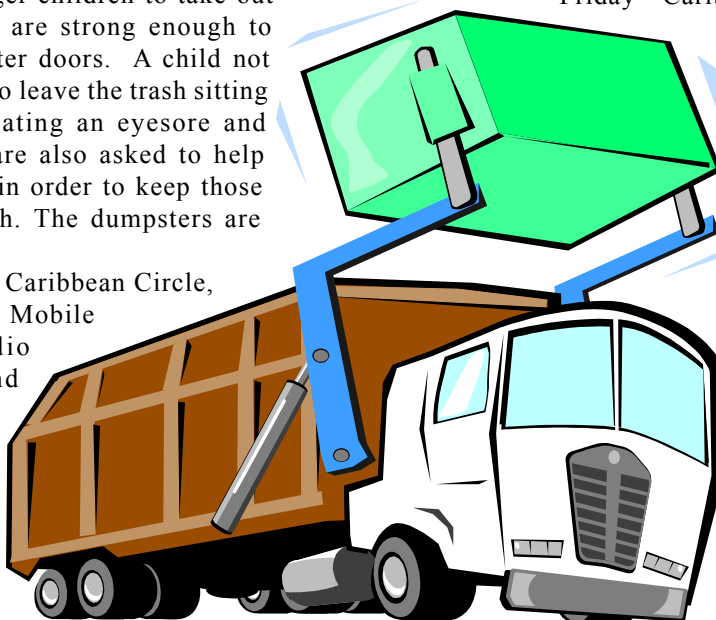
Did you know that when you take your empty glass or soda cans and beer containers to the recycling center, you can get a voucher for the number of cans or bottles brought in and it can be redeemed at the exchange for \$.05 per can or bottle.

Recyclables should be placed in recycling containers and set on the curb. Recycle pick up is every Tuesday. All car batteries are to be turned into the Recycling Center. Additional recycling bins are available at the

Recycling Center.

All hazardous waste materials are to be turned into the hazardous waste facility. This includes but is not limited to oil, anti-freeze, household chemicals and used paint.

Contact your Housing Manager if you have any questions concerning trash pick-up or for assistance with disposal of any item that weighs over 80 pounds.



## Red Hat Society TEA PARTY

3 - 6 p.m., Sunday, March 14  
at the Community Center

Wear your Red or Pink hat, your Sunday best dress, and don't forget your gloves! A red or pink ribbon will work if you don't have a hat!



RSVP: Contact Mary Crewa by March 9 at crewsmm@usnbgtno.navy.mil or call 4848.

## HSO Wine & Cheese Tasting

### When

5:30 p.m. to 7:30 p.m.,  
Saturday, March 20

### Where

Captain & Mrs. McCoy's  
Residence

RSVP: Tee Hovell at 7606



Please bring a bottle of wine or alcohol free wine and cheese to share. Feel free to bring your spouse or a friend. Space is limited so sign up early.



## 2004 Catholic Lenten & Holy Week Schedule Naval Station, Main Chapel

### *Every Friday of Lent*

6 to 7pm, Feb. 27 - Apr. 2 - Stations of the Cross and Benediction

7 to 8pm - Soup and Salad Potluck in Fellowship Hall

### *Tuesday Christian Adult Lenten Series*

7pm, March 9 - "What are a Christian Conscience and a Christian Morality?"

7pm, March - "How Does Christ Work in the World Today?"

### *Lenten Penance Service*

7pm, Monday, Apr. 5

### *Holy Thursday*

7pm, Apr. 8 - Mass of the Lord's Supper

### *Good Friday*

11:30am & 7pm, Apr. 9

Good Friday Service

### *Holy Saturday*

8pm, Apr. 10 - Easter Vigil Mass

### *Ecumenical Easter Sunrise Service,*

6am, Apr. 11 (Not a Mass)

### *Easter Sunday*

9am, Apr. 11

Mass of the Resurrection

## Worship Services

### **Catholic Mass**

(Main Chapel) **Monday - Friday**  
Daily Mass (Cobre Chapel) 1130

### **Wednesday**

Holy Hour/Rosary 1700  
(Cobre Chapel)

### **Saturday**

Reconciliation 1630  
Eucharist/Mass 1730

### **Sunday**

Eucharist/Mass 0900  
La Santa Misa (Spanish) 1015  
Eucharistic Adoration  
(Cobre Chapel) Daily 24hrs

### **Protestant Services**

### **Sunday**

Sunday School 0930  
Services - Main Chapel 1100  
Children's Sunday School 1130

### **New Life**

(Main Chapel) **Sunday**  
Worship Service 1300

### **Church of Jesus Christ of Latter Day Saints**

(Sanctuary A)

### **Sunday**

Sunday Sacrament 0900

### **Monday**

Family Home Evening 1800

### **Wednesday**

Ladies Relief Society 1900

### **Thursday**

Young Women 1900

### **Filipino Christian Fellowship**

(Sanctuary A) **Sunday**  
Worship 1800

### **Iglesia Ni Cristo**

(Sanctuary B) **Sunday**  
Worship 2000

### **Pentecostal Gospel Temple**

(Room 13) **Sunday**  
Worship 0800 & 1700

### **Seventh Day Adventist**

(Sanctuary B) **Saturday**  
Divine Service 1100

### **Islamic Service**

(Classroom 18) **Friday**  
Worship 1300

### **United Jamacian Fellowship**

(BLDG. 1036 - Next to Phoenix Cable)  
Sunday Service 1100 & 1830

### **Camp America Troopers Chapel**

**Protestant Service**  
Sunday 0730

**Soul Survivor (Club Survivor)**

Wednesday 1900

### **Roman Catholic**

Sunday 1700

Alpha: Tuesdays

1900, Rm L1/CANN

Thursday Ticket: Thursday

1900, Rm L1/CANN

**For information about  
programs & services, call 2323.**

**ODYSSEY  
OF THE MIND**



Help send the W.T. Sampson  
Elementary School Team to the  
**Odyssey of the Mind®**  
2004 World Finals at the University of  
Maryland, May 29 - June 1

For more information on how you or your organization can  
help, call Mrs. Pollino at 2207 or 5201.

Enlisted & Civilian Spouses Association presents

## Coffee Break

Saturday March 27, 9 a.m. to 11 a.m. at the Community Center

Bring a breakfast dish and your favorite flavored coffee

The ECSA provides a forum for enlisted and civilian equivalent spouses to address issues specific to their needs. All enlisted and civilian equivalent spouses are strongly urged to attend. The ECSA is a social group designed to support spouses through introduction to other spouses, resources, and organizations on base.



# GTMO SHOPPER

## School Lunch Menu

March 1 - 5

- MONDAY -

Chicken Pattie,  
Lettuce & Tomato,  
Baled Beans, Oange  
Wedges, Milk

- TUESDAY -

Beef Taco, Crispy  
Shell, Lettuce, Tomato,  
Cheese, Vegetable  
Rice, Fruit Gelatin,  
Milk

- WEDNESDAY -

Grilled Ham & Cheese,  
on Wheat Bread,  
Baked Tater Tots,  
Sweet Peas,  
Seedless Grapes,  
Milk

- THURSDAY -

BBQ Chicken,  
Vegetable Rice,  
Green Beans, Orange  
Wedges, Milk

- FRIDAY -

Pepperoni Pizza,  
Carrot Sticks,  
Buttered Corn,  
Sliced Pears,  
Milk

## FOR SALE

(1) JVC Video Camera w/case and battery recharger, \$150. Call Cher at 8057.

(1) Pocket Radio Recorder - new, \$20. FMI, call 8057.

(1) ITEMS FOR SALE - Couch and love seat set, \$200; loveseat, \$75; couch w/ hide-a-bed, \$75; child's bike, \$30; 18" mtn bike, \$70; 23" road bike, \$50; Sea Doo and trailer, \$600; BBQ w/ propane tank, \$50; bait tank w/ pump and battery, \$80. Some items avail now and others April 4. Contact Fred at 5355 or 72047.

(1) Small refrigerator perfect for the patio to keep beverages nice and cold - \$50. Call DWH 4704 or AWH 7599.

(1) Dining room table- dark wood, 4 chair - barely used. Bought here in GTMO. Asking \$100 OBO. FMI, call DWH 4704 or AWH 7599.

(1) Washer and dryer - \$50 for the set! Available 03May04. Call DWH 4704 or AWH 7599.

(1) New baby on the way? Come see me. I have lots of baby items hardly used! Price depends on what you want. I have clothes/toys/bath tub/diaper genie w/refills and more. FMI, call DWH 4704 or AWH 7599.

(1) 16ft Old Towne canoe w/paddles, flotation and radio - \$1,100. Call 7816.

(1) Playstation 2 w/memory card, controller and 3 games, including SOCOM1, \$199. FMI, call Dichler at 3459 or 8718 after 4pm.

(1) Car Audio System - Infinity 5" speakers, \$80; Blaupunkt 6" speakers, \$40. Total \$120. Buy it all for \$100. Call 7429.

(2) Two ball gowns for sale. Worn once, very nice. Size 18 - \$100 for each.

(2) Scuba gear for sale \$700: (1) BC Vest/Weights (L), (2) Regulator, Octopus, Second Regulator, compass, dive gauges, (3) Dive Boots fit 9 to 10", and (4) Tank. Call Doug (h) 8648.

(2) HP Deskjet 640C Color Printer w installation CD. \$80, price neg. Call Granville at (h) 7384 or (w) 6277.

(3) Minwax Wood Finish - dark walnut (2716) - roughly 1 gallon. Price negotiable. Email grunty8769@hotmail.com

(3) Four-person Paddle Boat, \$100. Call 7804.

(3) Items for sale - Two 12" bicycles - excellent condition - \$10 each; Little Tikes vacuum, \$5; Little Tikes electronic workshop, \$20; Play tools, \$5 a bag; Little Tikes play castle (excellent condition, orig price \$280), \$60; Little Tikes Coup (ride on car), \$20; Little Tikes 57 Chevy (ride on car), \$20; Step 2 Kitchen, \$20; Plastic food & accessories, \$5 a bag. Hurry these items won't last. Call 5418 for an appointment.

(3) Washer/Dryer, \$50 as set; cream living room chair, \$25 good for barracks room. Call 7892.

## VEHICLES/BOATS

(1) 19.5ft Sunbird boat w/trailer - 140 Merc I/O - Ready for sea. Includes 10hp kicker, Furuno FCV-582 sending unit and color LCD display, life jackets, oars, and three anchors. \$7200.00 obo. FMI, call 7600 or 4216.

(1) 1985 Cheverolet Sprint - new paint job, good GTMO car, \$1,500. Call 7040 after 5pm.

(2) American 14' 6" Sailboat hull - no mast, rigging, or sail. Hull is solid and would make a great fishing boat (just slap on a small motor) or project boat - (Yes, it floats!) \$75 OBO. Can be seen in front of Center Bargo 1218. Call 7068 AWH.

(2) 1985 Ford Mustang V6 Convertible - new battery and overhaul - \$1,000 OBO. Call (h) 7414 or (w) 2160, ask for Sharpe.

(2) 1989 Lincoln Towncar - luxury vehicle w/new CD/AM/FM Stereo, AC, power windows and seats, new tires, new radiator. \$2500 OBO. FMI, call 8057.

(2) 1999 Jeep Wrangler Sport 4x4 - 6 cylinder, 5 speed, 24,000 mileage. Asking \$13,750 OBO. Call MA2 Chris Hall (AWH) 7156 or (DWH 2200-0600) 6266/6063 (2200-0600).

(3) 1973 Jeep CJ5 - V8, 3spd, new parts, no rust. \$4500 OBO, Call (h) 5745 or (w) 4222.

(3) 2002 Dodge Ram 2500 Quad Cab. Great condition. Asking \$22,900. Call 9496 after 7pm.

## WANTED

Looking for seamstress for hemming sequined ball gown. Call 7985 AFW.

Wanted: used VHS player. Call 5159

Wanted: good, cheap, used bike. Call Kraig 3555 or 8648

Wanted: Ping Pong Table. Call 7804.

Wanted: MCSE/MCSA study books/CD's. Call 3339 DWH.

Looking for a massage therapist or reflexologist. If you have experience, call 7310.

Motorcycle Riders for group rides. If interested send an email to cdawghouse@yahoo.com or lv msg. at 7310.

## EMPLOYMENT

The following are job vacancies currently open through the Human Resources Office.

**Non-open Continuous Vacancies:**

Office Automation Clerk - closes 3/5/04

Transportation Assistant - closes 3/15/04

Purchasing Agent - closes 3/15/04

Supply Technician - closes 3/15/04 **Open**

**Continuous Vacancies:** Practical Nurse, 1<sup>st</sup> cutoff 9/3/03, closes 8/20/04

FMI, call Human Resources Office, 4441.

## ANNOUNCEMENTS

**GTMO Concert Band** - The GTMO Concert Band meets each Monday from 7:30 - 9pm.

This group is open to all GTMO residents, and instruments are available for borrowing. We play all kinds of music... from Sousa to swing - from show tunes to classical. For more information, call Band Director Al Turriciano at (h) 7108 or (w) 3500.

**Not So Newlywed Game** - Friday, March 19, 7 - 9 p.m. at the Windjammer. Tickets on sale Saturday, March 6 at the NEX.

**Conch season is closed March, April and May.** This is the peak of Conch breeding activity, and the closed season is important to maintain a sustainable fishery.

**FFSC BASE INDOC** - 7:30am to 4pm, Friday, March 12. Representatives of all departments and the community get together for the Naval Station newcomers orientation. FMI, call 4141.

**Stress Management Class** - Thursday, March 11, 2:30 - 4pm at the FFSC. Call 414 to sign up.

**C.R.E.D.O. Marriage Enrichment Retreat** - The retreat begins with dinner on Friday, March 19 and ends with lunch on Sunday, March 21. To register, call 2323 or email n15b@usnbgtno.navy.mil. The retreat is open to active duty, reservist and retired military, and DOD/DON civilians.

**WIC Office now open** - Call Sandy at 2186.

## Force Protection

Always advise associates  
or family members of  
your destination and  
anticipated time of  
arrival when traveling.

## Energy Conservation

Don't take energy for granted.  
Become more knowledgeable  
about energy and what you  
can do to become more  
energy efficient.



# GTMO SHOPPER

## MEETINGS

**Girl Scouts Parent Meeting** – Monday, March 8, 6 p.m. in the Girl Scout Room. Meeting is open to all parents of girls (pre-school to 12<sup>th</sup> grade) who will participate in the 2004-2005 school year. Anyone hoping to fill a committee position or troop leader position needs to be at this meeting. FMI, contact Jack Campbell at 72261 or 7328.

**Spouses' Seminar Committee Meeting** - 5pm, Thursday, March 11 at Fleet and Family Support Center.

**OCSC General Membership Meeting** - Tuesday, March 2, 7 p.m. at Community Center. Membership is open to Spouses of Active Duty Officers and DOD Civilian Equivalents (GS-7 and above) and Contractors with officer privileges and their spouses. FMI, call Joyce Fricker, 5526.

**Senior Petty Officers' Association** - Friday, March 5 at 11:30 a.m. in the Windjammer. FMI, call JO1 Kirk at 4502.

**Installation / School Advisory Committee (I/SAC) Meeting** - 5 p.m. Wednesday, March 10. Get involved with our School! Agenda includes planning for upcoming election of 3 parent members. FMI, call Al Turriciano at 7108 or 3500.

## YARD SALES

Saturday, March 6-Villamar 2225A, 7:30-11am. Children's toys/furniture/clothes, adult clothes, miscellaneous items.

Saturday, March 6, NH23B from 8-noon. Children's toys/furniture/clothes, adult clothes, miscellaneous items.

Saturday and Sunday, March 6&7, NH33B from 8am-2pm. Misc items, books and children's books.

Saturday, March 6 - Villamar 14B, 7am to noon - travel Crib, highchair, toddler carseat, Little Tikes small slide, Smoker/BBQ, Weight bench w/ weights. For more info call Keri at 7107.

Saturday, March 6 – Multi-Family Yard Sale – Villamar 11B, 12B, 12C & 12D, 8am to 1pm - 55 Gal Aquarium with Stand, Dining Set, PS2 Games, Movies, Music CD's, Clothes and a lot more! Please be respectful – NO EARLY BIRDS!

Saturday, March 6 - West Bargo 46B, 7 to 11am - Multi-family yard sale - clothing, furniture, misc. household items, computer hardware and accessories, snorkel gear, fishing tackle.

Saturday, March 6 - Marina Pt. Multi-family Yard Sale - ends at noon - miscellaneous items - ping pong table, basketball game, books, lot of clothes, toys, baby items.

Saturday, March 6- Multiple Families in Radio and Paola Point - 8am to noon. One house having a Pre-PCS sale including couches, sea doo, BBQ, bikes, rubber stamps, and much more.

## Closure Announcements

**Treasures & Trivia Thrift Store closed until further notice. Donations still accepted.**

**The Lighthouse Museum is closed throughout March for renovations. Reopening date to be announced.**

## GTMO's Newest Boy Scouts



*During the Blue and Gold 2004 ceremony honoring the creation of the Boy Scouts of America and Cub Scouts, Tanner Torley (left) and James Prince made the official transition from Webelos to Boy Scouts. Congratulations on your achievement!*

## Welcome Aboard! It's A Boy!

*Timothy George Harris,*

*Born: February 26, 2004*

*5lbs 4oz; 19"*

*to Arnika and Timothy Harris*

## Vehicle Claims

*The NAVSTA Security impound lot is getting full. The department can hold vehicles for only 120 days. The cars listed are approaching or past this deadline. After this deadline, vehicles are turned over to Kvaerner as directed by NAVBASE's Abandoned Property Board instruction. Only the registered owner may claim the vehicle; do not call asking to purchase. For more information, contact HT1(SW) Mays at 4325, Monday - Friday, 7:30am to 4pm.*

## Make/Model

1977 Chevy Impala  
Chevy Pick-up  
Chevy Pick-up  
Chevy Wagon  
Cutlass Supreme  
1972 Dodge  
1978 Dodge Pick-up  
Dodge Pick-up  
1980 Ford Mustang  
1981 Ford Mustang  
1977 Ford Pick-up  
1978 Ford Pinto  
1984 Ford Tempo  
Honda  
Honda Accord  
Honda Tercel  
1979 Mazda 626  
Volvo Turbo

## Color

Red  
Grey  
Camo  
White  
Blue  
Sky Blue  
Green  
Green  
Yellow  
Black  
Red  
White  
Red  
Maroon  
Blue  
White  
Grey  
Camo  
Black

## Plate

C3860  
Unknown  
Unknown  
C6935  
C0308  
C5907  
C1901  
C1478  
Unknown  
C3627  
C4125  
C3381  
C3235  
Unknown  
Unknown  
Unknown  
Unknown  
Unknown  
Unknown  
Unknown  
C5907

## VIN #

1J08174171252  
Unknown  
1G8ED18J3FF1547375  
Unknown  
1W35JAD424690  
3R47F8D451211  
DL41K7F216505  
Unknown  
D14AB89295215  
Unknown  
Unknown  
1FABP1548BF183763  
Unknown  
Unknown  
Unknown  
SBC-2158982  
Unknown  
JT2AL25C3384546  
Unknown  
YV1AX4726C1218922

## In Lot

Unknown  
Unknown  
Unknown  
1-Mar-03  
19-Feb-03  
17-Nov-03  
Unknown  
Unknown  
Unknown  
Unknown  
1-Mar-03  
15-May-03  
15-May-03  
1-Mar-03  
17-Nov-03  
16-Nov-03  
17-Nov-03  
Unknown  
Unknown

## HOUSE OF SAND AND FOG

Drama  
126min

*Starring:*  
*Jennifer Connelly,*  
*Ben Kingsley,*  
*Ron Eldard*

Massoud Amir Behrani, once a member of the Shah of Iran's elite inner circle, has brought his family to America to build a new life. He is barely making ends meet, until he sees his opportunity in the auction of a house being sold for back taxes. The house has been improperly seized. The owner decides to fight to recover her home at any cost.



## 50 FIRST DATES

Romantic Comedy  
96min

*Starring:*  
*Adam Sandler*  
*Drew Barrymore*

Henry Roth falls in love with a woman after a memorable encounter, only to find that she suffers from severe short-term memory loss and has no idea who he is. To win her, he has to get her to fall in love with him all over again every day.



## SHATTERED GLASS

Drama  
99min

*Starring:*  
*Peter Sarsgaard,*  
*Rosario Dawson,*  
*Chloe Sevigny*

Stephen Glass is a staff writer for the respected current events and policy magazine The New Republic and a freelance feature writer for publications such as Rolling Stone, Harper's and George. By the mid-90's, Glass' articles had turned him into one of the most sought-after young journalists in Washington, but a bizarre chain of events - suddenly stopped his career in its tracks.



## MIRACLE

Drama  
135min

*Starring:*  
*Kurt Russell*  
*Eddie Cahill*

This is a true story of coach Herb Brooks, who in 1980 had the distinction of being the last player cut from the U.S. hockey team. Brooks got his chance at being part of a medal winning team when he led the U.S. hockey team to victory over the Soviets, who had won the medal the last four times.



# Movies

## FRIDAY, MAR 5

7pm Stuck On You  
PG13 119min

9pm Miracle  
PG 135min

## SATURDAY, MAR 6

7pm Paycheck  
PG13 96min

9pm Shattered Glass  
PG13 99min

## SUNDAY, MAR 7

7pm House of Sand and Fog  
R 126min

## MONDAY, MAR 8

7pm Cheaper By  
The Dozen  
PG 99min

## TUESDAY, MAR 9

7pm TOPS IN BLUE  
Variety Show

## WEDNESDAY, MAR 10

7pm House of Sand and Fog  
R 126min

## THURSDAY, MAR 11

7pm 50 First Dates  
PG13 96min



### Youth Center

March 5

Bounce About Night  
FMI, call 4658

### Teen Center

March 5

Outdoor BBQ  
FMI, call 2096

### TOPS IN BLUE Variety Show

March 9

Downtown Lyceum at 7pm

### Liberty Center

March 10

Spades Tournament  
Start time 7pm  
FMI, call 2010

### Dollar Days at the Ceramic Shop

March 13 & 14

11am to 8pm  
FMI, call 4795

### St. Patrick's Day Celebration

March 17

7pm at the Windjammer Club,  
Bayview Patio, GoatLocker  
& Club Survivor  
Enjoy Irish music, party favors,  
green beer & green popcorn

### St. Patty's Day Buffet

Cost is \$6.50

Start time 7pm

at the Windjammer Club and  
Bayview Patio

### Parents Night Out

Villamar CDC is open for Parents Night Out every week. To hold a spot for your child a reservation fee of \$2.50 is due by Thursday of each week. An additional fee of \$1.50 is due for each additional child of the same family. This reservation fee is non-refundable. One hour \$2.50 - Two hours \$5.00 - Three hours or more \$12 for the evening. For specific dates or more information call 3664.

For more information on any of the events listed above, call 5225.